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*Addresses on women in medicine;*

*Preston, A.*

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INTRODUCTORY LECTURE  
TO THE CLASS

DE TO  
FEMALE MEDICAL COLLEGE,  
OF PENNSYLVANIA.

DELIVERED AT THE OPENING OF THE  
Tenth Annual Session, Oct. 19, 1859,

BY  
ANN PRESTON, M. D.

PROFESSOR OF PHYSIOLOGY AND HYGIENE.

PUBLISHED BY THE LADY MANAGERS.

PHILADELPHIA:  
A. KETTERLINUS, Printer, N. E. Corner Third and Race Sts.  
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**627 Arch Street.**

## C O R R E S P O N D E N C E.

Ann Preston, M. D.

DEAR MADAM—On behalf of the Managers of the Female Medical College of Pennsylvania, we respectfully request a copy of your late Introductory Lecture, for publication.

A. D. MORRISON,  
Mrs. R. G. STOTESBURY, } COMMITTEE.

PHILADELPHIA, Nov. 2, 1859.

A. D. Morrison and Mrs. R. G. Stotesbury.

DEAR FRIENDS—In compliance with your request, I place my Introductory Address at your disposal.

Truly yours, ANN PRESTON.

315 Marshall Street, Nov. 3, 1859.

## INTRODUCTORY.

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LADIES:—

As I meet you to day, and on behalf of the Faculty of this Institution, welcome you to the course of study before you, it seems a fitting occasion to scan briefly the position and prospects of the cause in which we are engaged.

While, to a large portion of thinking and observing men, the medical education of women appears to be the natural result of the progress of society, there are others who still regard it as some abnormal social phenomenon; some abrupt and fantastic freak of unbridled liberty, unfitted to stand the test of time and experience.

Those who are familiar with the history of civilized countries for the last few hundred years, must have been struck with the great changes which have occurred in the occupations, modes of living, habits of thought and general education of the people. A few generations ago, human muscles were the principal power which lifted the weights and turned the wheels of industry; now, machinery takes the place of hands, and steam and air are subsidized as effective forces which lift the heaviest burdens from human shoulders.

A little while since, our fathers built their houses down in low, perchance, uninviting valleys and hollows, that they might be near the indispensable springs of water; now, we can select sites of healthfulness and beauty on the hills, and wielding that power over external nature which knowledge gives, force the obedient waters to come up to us.

Fifty years back the horseman or slow stage carried the most urgent messages; now, we have tamed the forked lightning, and made it the gentle carrier, which swift as thought transmits for us intelligence from city to city.

A few generations ago, the masses, even in England, were considered to possess no Political Rights, and it was deemed the sober dictate of reason and experience "that those who think should govern those who toil"; now, these same masses are the conscious sources and dispensers of political power; enforcing law upon sovereigns and governing the governors.

A few centuries since, the common people, sunk in ignorance, believed that to priests and rulers only was education necessary; now, in the regular march of events, we have the grand fact of the Common School, and the general recognition that knowledge and truth are the appropriate food of the human mind, adapted to all classes and all occupations.

The position and employments of Woman, have been subject to the same rule of change. In barbarous ages and nations, the drudgery of life has fallen largely on her. Among the American Indians, we are assured it is the province of the wife to carry home the venison or other game the husband has shot, while he, unincumbered, proudly stalks to their dwelling.

In England, a few centuries ago, the mass of the women worked hard it is true, but there was then scarcely a branch of independent industry for them, and every woman was supposed, in law and elsewhere, to be supported by her father, brother or husband. But society changed: gradually, a large middle class arose, new occupations and divisions of labor were required, and more and more, women engaged in various independent industrial pursuits, for the support of themselves, or of their families.

The number of these has increased within the last thirty years, in a rapidly accelerating ratio, and the census of England for 1851, disclosed the astonishing fact that, of the six millions of English women over twenty years of age, "more than two millions are independent in their industry; are self supporting like men."—(See *Edinburgh Review* for April, 1859.) Of these, about a million are engaged in manufactures, and the mechanical arts; working on silk and wool; on flax, cotton, straw and fur, on metals, wood and clay: and although, it is said, the Coventry men were at first jealous and tyrannical about the women winding silks and weaving ribbons, yet many thousands are now gaining an independent subsistence in the ribbon and fringe manufacture. The effort was made in vain to exclude women from wood engraving, and for a quarter of a century, hundreds with their chizzels have supported themselves by "this elegant branch of art;" but obstacles are still placed in the way of their engraving watch plates, although various branches of watch-making are extensively and successfully pursued by women in Switzerland.

There is not time, on this occasion, to speak of all the departments of activity, into which English women have entered, but there are now thousands of female farmers and land owners; of merchants and shopkeepers, and women engaged in fisheries; there are female bookkeepers behind the counting house desk, and female operators in telegraph offices; to say nothing of all the teachers and writers who so strongly influence public sentiment, nor of the Woman who wears with womanly dignity, the Crown of the Realm.

In our own country, the same movement has been steadily progressing in the same direction. There was a time within the memory of many now living, when in some places, a stout resistance was made to the employment of women as Teachers; but they vindicated their competency to instruct and govern schools, the opposition slackened, and since they have formed so large a portion of our public instructors, we are assured by competent authority that the rate of compensation for School Teachers generally, instead of diminishing, has increased both positively and relatively as compared with other employments, and that, as a class, they occupy a higher social position than in earlier times.

So too, American women are rapidly engaging in the various industrial pursuits requiring skill rather than strength—shop-keeping, book-keeping, attending post offices and telegraph offices, taking photographs, &c. &c. Designing and Painting are to some of them now remunerative employments, and rising to the highest departments of science and art, we have women who in Astronomy and Sculpture possess a world-wide reputation.

Coincident with this extension of the range of woman's employments, and partly as its cause, there has been a corresponding advance in the standard of her education. It has been only a short time since to "read, write and cipher to the rule of three" was deemed quite enough of solid learning for an ordinary woman; and if impelled by an irresistible thirst, she drank stolen waters from the fountains of knowledge, she was ridiculed by the vulgar as a "blue stocking," and sometimes, was made to blush at the disclosure of the springs at which, in secret, she regaled.

Now, we have writers and comparative scholars among the workers, and the new world has seen a periodical ably edited and conducted by Factory girls: now, we have schools of Design, and high schools, and colleges for women; while one by one, the *laws* framed for an earlier and different state of society, which imposed grievances and disabilities on account of sex, are being wiped from our statute books—disappearing before the irresistible march of modern civilization.

The same steady onward movement, without violence or abrupt transition, naturally, unavoidably, has carried woman into the Study and Practice of Medicine.

They who continually tell us that her only proper place is in the parlor, under the protecting care of man, prove that they know but little of the actual condition of woman at the present day, to a majority of whom, even in America, exertion in some form is a pressing necessity as a means of procuring the comforts of life.

Still less do such understand the higher necessities of woman's spiritual nature, or realize that the exercise of the moral and intellectual faculties, in the direction indicated by the powers and convictions of each individual, is the appointed means of satisfying a mighty inward want, and of inducing harmony and true repose in the whole being.

Neither do they more fully appreciate the advanced position of the world, nor perceive that society, learning that human capabilities are the measure of human spheres, is demanding of woman to take her true and natural place by the side of man in the ranks of medicine, and that all efforts to baffle this result are opposed to the ordinances of Nature and Providence, and futile as endeavors to beat back the careering winds, or to stop the surges of the sea.

All who are familiar with the modern movement for the medical education of woman, must have remarked the ready favor with which enlightened men generally, outside of the profession, have received it, and the interest it has excited as a great movement for humanity. That it has been carried into effect in America, results from the favoring circumstances of our free growth; but from across the ocean, through periodicals and private advices, come abundant evidences that this is not a mere American movement—that noble minds and hearts in Europe are giving us their sympathy and aid.

It is true that difficulties and embarrassments of various kinds, have attended the inauguration of this work, as they have ever attended the early stages of all movements fraught with power to advance and bless society: nor need we be greatly surprised, that some professional opposition should be elicited. No large body of men have ever yet been found, who welcomed, at first, what they deemed encroachments upon the customs and interests of their order.

The medical profession in this country, abounds in high-minded and discerning men, who appreciate the propriety and need of this movement, and foresee its inevitable success; men who have given it their aid, or who are ready to do so; but this magnanimity and clear sightedness, could hardly be expected from all: and while we regret the undiscriminating opposition lately made by a body of medical men in Pennsylvania, to this whole movement, we will not, I trust, permit it in the least to imbitter our spirits; aware that while it indicates the importance our

enterprise has assumed in their estimation, it is regarded largely among physicians, as well as others, as an impotent effort, unworthy members of a generous and enlightened profession.

The facilities afforded women for *practical* instruction in medicine, have greatly increased within the last two years. In New York, there is now a thriving "Womans' Infirmary," with doctors Elizabeth and Emily Blackwell at its head, which is constantly open to the inspection of medical women; and, in the same city, a "Preparatory School of Medicine," taught by able physicians, all connected with public institutions, for a year past has given separate instruction to a class of ladies. These ladies are admitted to the clinical teachings of two of the largest Dispensaries in the city;—Dispensaries which, together, furnish upwards of sixty thousand cases of disease annually. Six of the students and graduates of this school, during the past season, have availed themselves of the extensive facilities for observing disease and its treatment afforded by these institutions.

You will learn hereafter of the generous reception which some of our graduates have met from the physicians where they have become located, of the success attending the practice of a number, and of the increasing demand which comes from various quarters of the Union, for the services of competent medical women, as well as of the fuller facilities for practical training opening in this city.

Ladies, turning now from this view of our cause in its relations to society, let me call your attention to points more immediately connected with our course of study.

Medicine, in its comprehensive sense, includes a wide range of subjects; and the changes made in other departments of life, have been strongly marked in this.

Anatomy, the geography of medicine, was cultivated by the ancients; yet not till 1619 did Harvey discover the circulation of the blood, nor until three years later, did Aselli announce the office of the Lacteals; while the existence of the Capillaries was not known until demonstrated by Malpighi with the microscope more than sixty years afterwards.

Chemistry, Physiology, and Comparative Anatomy are emphatically modern sciences. Up to a recent date no broad generalizations were brought to bear upon the detached phenomena of life. The vital heat was maintained by the wondrous Phlogiston; the food was ground to atoms under the mysterious direction of the Vital Force; the spleen was the seat of melancholy, and the physical and chemical forces which pervade and move unorganized matter were believed to cease on the confines of life—abrogated and superceded in the living economy by

the Vital Force. But in 1774 Dr. Priestly discovered Oxygen, and soon Phlogiston disappeared forever from the puzzled brain of man.

In a short time this discovery was applied by Lavoisier and others, to explain the function of respiration and the production of animal heat; and at length it was demonstrated that by the same simple chemical process of Oxidation, is the heat produced in the living body, and in the stoves and furnaces of our houses, and that this is alike the means by which worn out particles are continually consumed within the body, and worn out organisms finally disintegrated.

To explain a fact in science is, to show that it is in accordance with some general plan or principle already understood, or admitted. So, — Respiration—proved to be essentially the same process in animals and vegetables—has been elucidated by reference to known physical principles; — Digestion has been shown to be a chemical solution capable of imitation without the body; Absorption, partially at least, has been explained by the rules of Endosmose; the action of the nervous system in the generation of nerve force has been illustrated by the action of the Galvanic Battery; and every where inquiry, so far as it has been pushed to clear and definite results, has disclosed the fact that chemical and physical forces act within the body precisely as under similar circumstances, they would act without it;—that, even within the marvellous and complicated sphere of vitality where different conditions modify results, amid the ceaseless play of affinities and their nice balance—the perpetual pulling down and building up implied in the very idea of life—not one original property of matter is ever lost;—not a physical or chemical law for an instant suspended.

While the analysis of the Chemist has shown that animal bodies and vegetables are composed of the same ultimate constituents, and that all food capable of supporting life, however unlike in obvious properties, consists of the same elements with those of the body it nourishes, the Microscopist has announced that the original form of all organized beings is a simple cell, with nothing appreciable, in the beginning, to distinguish the germ of a flower from that of a man, and that beautiful doctrine of progressive development, which teaches the analogy between different stages of human evolution and permanent forms of lower animals, has been unfolded and received.

Even in the production of Monstrosities, where chance was thought peculiarly to preside, the studious investigator is tracing law and regularity. Every where facts, once considered as unrelated and detached, are becoming arranged into connected groups illustrating some common plan, and science is discovering, one by one, the links of that grand chain

of relationships which illustrates the Divine Unity of the plan of Creation, and the simplicity and sublime unchangeableness of its laws.

Keeping time with the classifications which are bringing such order and beauty into the chaos of our researches, and partly growing out of them, changes and improvements have occurred in the Healing Art. There are old men now living who can tell us how, in their youth, the burning victims of fever implored their physicians in vain for cooling draughts of water; how air was excluded from the close chamber of the gasping sufferer; how blood-letting awaited the delicate, as well as the strong; how Phthisis was often combatted by ptyalism, and Insanity by the scourge.

Now, the relations of air to the organism are understood; the blood has been analyzed, and the special uses of its different constituents, as well as the conditions which influence their relative proportions, measurably comprehended: the existence of the "buffy coat" is no longer an evidence that more blood should be abstracted; the Physiologist has been expounding the law to the Surgeon, and now the dispute runs high among the highest medical authorities in Europe, whether even in Pneumonia the mortality is not greater in the practice of those who resort to blood-letting than in that of those who abstain altogether.

This dispute, as well as many others, is attempted to be settled by a reference to statistics—established facts being the hard arguments before which the most sceptical bow at last. In different public institutions, and by private practitioners, various modes of treatment have been adopted and reports of the results published, and now yearly a vast body of medical statistics is thrown before the world, which, as it becomes compared and digested until the different sources of fallacy are evolved, must elucidate many important and unsettled questions in medicine.

The analysis of the fluids and solids of the body has taught us indeed the *rationale* of the use of iron in anemia, and of acids or alkalies in certain states of the system, but the use of many of our best remedies is still purely empirical:—we have learned their effect through observation and experiment, without understanding the *law* in accordance with which they produce their results. But although this is true, and although there are diseases which are still the opprobrium of medicine, yet the reports of Hospitals in Europe and America show that the per-cent of deaths, as well as the duration of treatment in these Institutions, has greatly diminished within the last fifty years. Surgery, which gloried in the epithet "heroic," now meekly adopting the appellative "conservative," saves many a limb it once would have sacrificed, and reports show a saving of human life in surgical cases exceeding by more than thirty-five per cent

the results at the beginning of this century. The greatest advances, however, have been made in the department of Hygienic Medicine. Prevention is more and more regarded as greater than cure; Hygiene is taking its true place as a regular branch of Therapeutics, and many of the ablest minds in the profession are now urging its surpassing importance.

In England, the women have organized a "Ladies' National Association for the diffusion of Sanitary Knowledge," which is "hailed with much satisfaction" by that able Medical Journal "The British and Foreign Medico-Chirurgical Review;" and these ladies have issued a series of penny-tracts to enlighten the people on subjects connected with health; and, with slight exceptions, the same authority "cordially approves the manner, matter and method of these tracts."

In enlightened countries, sanitary regulations are now recognized as an important and legitimate province of legislation, and many sources of disease have been removed. The airs of Heaven have been made to sweep through infected and unhealthy dwellings, bearing healing upon their wings; the waters of the Earth have been turned into foul places, to wash away impurities; fire has still been brought to the aid of these ancient "elements," to burn up and dry up sources of disease—proving that the Promethean fable of its Heavenly origin was not *all* fabulous; swamps and stagnant pools have been drained and dried; food, rest, sleep and sunlight, exercise and clothing are beginning to be treated as medicinal agencies; the reactions of mental conditions upon bodily vigor are becoming better understood; so that, much, very much, as we have yet to learn, imperfect and unhealthful as are still our habits and regulations, an embargo has been laid upon many devastating diseases, and the results of vital statistics show that the average duration of human life throughout the civilized world is fast increasing.

The oldest system of general registration of births and deaths in any of the countries of Europe, does not extend backward beyond eighty years; but we are told that the mean duration of life during that time has been prolonged more than twenty-five per cent.

In many cities, however, records have been kept for a longer period; and we learn that in London, where in the latter part of the seventeenth century one in every twenty of the inhabitants died annually, now, only one dies in forty; and in the highly refined city of Geneva, Switzerland, where careful registers of births, marriages and deaths have been kept since 1549, there has been a constant extension of the average duration of life, until it is more than five times greater than at the beginning of

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The ELEVENTH ANNUAL SESSION of this Institution will commence on Wednesday, the 17th of October, 1859, and continue FIVE MONTHS.

THE FEES ARE AS FOLLOWS:

|   | First Year. | Second Year |
|---|-------------|-------------|
| Professor's Tickets, each \$10.00,                            | \$70.00     | \$70.00     |
| Practical Anatomy,  | 5.00        | 5.00        |
| Graduation Fee,   |             | 25.00       |
| No Fees for Lectures after Second Session.                    |             |             |
| Whole cost of two or more courses of Lectures and Graduation, |             | 175.00      |

For the encouragement of those whose means will not allow of the usual expenditure, six students will be admitted, annually, on the payment of twenty dollars per session—exclusive of the matriculation, demonstrator's and graduation fees. Such arrangements will be strictly confidential, and no distinction in point of courtesy and attention will be made between the beneficiary and other students. Ladies desiring admission on this foundation, must forward to the Dean, at least 30 days before the opening of the Session, application in their own hand-writing, accompanied by testimonials as to character, age, occupation, qualifications, and want of means. The successful candidates will be duly notified. Any lady who does not incline to become a physician, yet desires instruction in some of the branches taught in a Medical College, as a part of a liberal education, may take the tickets and attend the Lectures of any one or more of the Professors.

For further particulars, address

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## VALEDICTORY ADDRESS

TO THE

GRADUATING CLASS

OF THE

# FEMALE MEDICAL COLLEGE

OF PENNSYLVANIA,

AT THE

## Twelfth Annual Commencement,

MARCH 16, 1864,

BY ANN PRESTON, M. D.,

PROFESSOR OF PHYSIOLOGY AND HYGIENE,

WITH

## ANNOUNCEMENT

OF THE

## FIFTEENTH ANNUAL SESSION.

PUBLISHED BY THE CORPORATORS.

PHILADELPHIA:

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1864.

that period;—the probabilities of life for all born *then* being only eight years, while the probabilities are *now* more than forty-five years. (See *Wynne's Vital Statistics.*)

Ladies, after these remarks it will scarcely be needful to caution you against the error of those who suppose that the study of Chemistry, Physiology and allied branches, and a theoretical acquaintance with the subject generally, is not practical, and therefore not absolutely essential to the physician. That kind of practical training which consists in seeing cases of disease and bringing the senses to bear upon them, indeed is indispensable; but whoever is without preliminary knowledge and clear guiding ideas of the subject, cannot fully appreciate the significance of the facts before the eyes. All the phenomena of Gravitation existed before the days of Newton, as detached inexplicable facts; but he propounded his theory, and straightway these same facts became related and significant, and the motions of falling apples and circling stars alike illustrated a universal law.

Ladies, as I close this rapid review of a few of the salient points of the studies in which you engage and the cause with which you identify yourselves, permit me to give you the assurance of my sympathy with you personally, in the labors before you. I know something of the anxiety and fear, as well as the aspiration and hope with which some of you come here to-day. I know that, to some, the way seems long and the range of study formidable, but I am happy in believing that before a woman of fair capacity and a brave steady spirit, one by one, the difficulties will be overcome.

Although we shall all frequently feel how very little we know compared with what remains to be known, and although a discouraging array of apparently unconnected ideas may seem thrown upon you at first, yet, as you patiently persevere, content to learn one thing at a time, you will find that the attainment of each point of knowledge will make easier the acquisition of the next, and you will gradually perceive relations, which will simplify and illumine your whole range of study.

Believing that the natural tendency of medical studies upon a pure and healthful mind is to refine, and elevate, and cause it to realize that we live amid holy things, and bringing, as we believe you do, a reverent spirit to the work before you, we trust to find in you such illustrations of virtue and excellence as will disarm prejudice, and teach the unbeliever the perfect compatibility of medical studies with the noblest and sweetest development of the womanly character.

Ladies, with you, I am thankful to-day that it is our privilege to engage in a work so satisfying and so beneficent—that to woman's longing

spirit also, the beautiful volume of Nature is more fully opening, and the serene pursuits of science are made available.

As you pursue those studies which disclose order amid apparent confusion, stability in the midst of mutation, and law in every department of nature, may your own hearts be attuned to such according harmony that you will realize the presence of God to be the Heavenly Law of the Soul! May you indeed gain the highest end of all study and all effort—that of enriching and ennobling the Spiritual Nature, and bringing out more clearly the Divine Image there.

## COMMENCEMENT.

The Twelfth Annual Commencement was held at the College on Wednesday, March 16th, 1864, when the Degree of Doctor of Medicine was conferred by the President, T. Morris Perot, Esq., upon the following named ladies:—

| NAME.                 | STATE. | SUBJECT OF THESIS.          |
|-----------------------|--------|-----------------------------|
| Amelia Tompkins,      | N. Y.  | Mercury.                    |
| Anita E. Tyng,        | Mass.  | Ulceration and Ulcers.      |
| Eliza F. Pettingill,  | Pa.    | The Ovaries.                |
| Dora A. Sweezey,      | Mich.  | Ulceration of Cervix Uteri. |
| Amelia F. D. Raymond, | Mass.  | The Human Brain.            |
| Elizabeth Dyson,      | Wis.   | Uterine Hemorrhage.         |
| Mary C. Putnam.       | N. Y.  | Theoræ ad Lienis Officium.  |

## VALEDICTORY ADDRESS.

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**LADIES OF THE GRADUATING CLASS:**—It is ever with solicitude, with mingled hope and fear, that we see those in whom we are deeply interested go forth in any important and untried course. With counsels, cautions and encouragements, we fain would surround them, and our own experiences and deepest convictions are brought forth for their benefit. If such be the feeling in regard to the usual epochs of interest in life, how intensified must it become in the minds of conscientious teachers amid the solemnities of an occasion like the present!

With the interests of a great movement for humanity, in some measure, intrusted to your keeping, you leave your alma mater to-day: with all your womanly sensibilities about you, and still having to contend with some difficulties peculiar to a new position, you go forth: with the eye of severe criticism upon you, and destined to bear in your daily duties the deep responsibility of the health or sickness, the life or death of others, you commence your active career; and no one in the least qualified for the great trust involved in the profession of your choice, can assume it, even after long years of careful study, without diffidence and a solemn consecration of her best powers to the duties it involves.

But, ladies, although you may have to contend with some embarrassments, and the remnants of old prejudices, many of the difficulties

X that sixteen years ago encountered the first woman in this country who graduated as a regular physician, have been removed.

The footsteps of pioneers already have demonstrated that the path you are entering may lead to success; and the "natural obstacles" that the doubter or scoffer saw impassable as Bunyan's lions in the way, have proved, like them, to be outside of the guarded road, and unable to stay the traveller's course.

Despite of opposition, we think it may be truly said, that public sentiment in this country already decides that woman, in studying the science, and practising the art of Medicine, is not stepping outside of her fitting place, but only extending the range of her culture and activity, in correspondence with the needs of society, and with the instincts and powers of her own nature.

As steadily, with the progress and refinement of communities, she has occupied a more important position, as her cooperation in religious, philanthropic and educational movements, and in literature and art is acknowledged to contribute to the general advancement, so it is felt that in medicine also, the intuitions, observations, sympathies, and knowledge of educated and true women must enlarge the common possessions of the profession, as well as give scope and enjoyment to the individuals engaged.

Whatever of professional opposition may still exist, our own experience leads us to believe that few physicians whose judgment you would greatly value, will decline to meet you in consultation because you are women, and also, that some will be found ready to ask for the benefit of your insight and experience in their own difficult cases.

From year to year the number of ladies engaged in the study of medicine has been steadily increasing, and from various towns and cities we are frequently receiving the inquiry, "Can you not send us a reliable lady physician?" So, ladies, in the fulness of time you

X Elizabeth Blackwell - 1848  
at Geneva Col. N.Y.

are here. From homes in crowded cities and in quiet country places, from different States, and from under the influence of various religious denominations, you have been brought by one common impulse.

None need tell you that this is only a spasmodic excitement, and that the work is unsuited to your womanly nature. The contradiction comes, not only from your observation of society, but from the deeps of your own souls—from those still recesses where ardent desires for development and for usefulness have long burned, and been guarded as sacredly as the Persian guards his altar fires.

As an advance towards a higher and purer condition of society, this movement has been hailed by noble minds, not only upon this side of the Atlantic, but also in Europe. Sir John Bowring,—in a letter to a relative and correspondent in this country, who has kindly furnished the extract,—echoes the sentiment of others when he says, “Your American women are pioneering into many regions where they will fix their standard with honor to themselves and benefit to their race. This medical movement of theirs is worthy of all encouragement, and will, I hope, be crowned with abundant success. It is a step not *from*, but *towards* decency and decorum.”

Indeed, this movement springs naturally from the influence of those free principles upon which this Government was founded, and which it is now so terribly vindicating before the quaking despots of the world. The sublime doctrine “that all men are created equal, and endowed by their Creator with the inalienable rights of life, liberty, and the pursuit of happiness,” not because they belong to favored classes, but because they are human beings, and the common children of God, could not be received intelligently by the masses, without quickening the mind of woman as well as that of man, and leading to a *more natural*, because more spontaneous and less constrained development of society.

In the mortal struggle through which this bleeding land is becoming dedicated anew to freedom and justice, this movement, as well as others tending to enlarge the activities of woman, has received a fresh impetus. American women are aroused as they never have been before, and all classes are working for the exposed soldier or the appealing freedman. Numbers of our truest and loveliest have already sacrificed their lives to their devoted labors in hospitals and camps, and upon thousands more is thrown the necessity of earning their own subsistence or providing for families, and of filling, as far and as well as they may, the vacant places to which brother, husband, or father shall return no more.

But, ladies, although the field is open and the general prospect bright, the question of most interest to you to-day is that of your own *personal success*. This is a question of attainment, purpose and character. The profane Byronic sentiment that "the most perfect character of a woman is, that she be characterless," would be fatal to the success of the physician. Firmness, steadfastness, and promptitude must be united to accurate knowledge, and to sound, discriminating judgment in her, who, in this capacity, can win and retain the confidence of society.

The spirit and purpose with which any course is pursued becomes the measure of its dignity. It is your aim, as we trust, not merely to make yourselves independent in a pecuniary point of view, but to strengthen and unfold your best powers to the utmost, and to make your profession and your lives contribute to the stock of human enjoyment and human good. This aim will naturally make your intercourse with others simple and truthful, and cause you to regard the best interests of your patients as your own.

Deception and pretension, whether practised inside or outside of the profession, are the tools of the charlatan; and although they may for awhile impose upon the ignorant, yet time unveils all shams,

and, by a sure law, the genuineness of character ultimately is vindicated. The candor and truthfulness, as well as the skill of the medical adviser inspire confidence, and are elements essential to full success.

As women, you will occupy peculiar and close relations to the rest of your sex. The difficulty of communicating freely in regard to symptoms, has often prevented suffering women from availing themselves successfully of the skill of medical men. In your case, this impediment will be greatly lessened, and the public has a right to expect from you increased success in the treatment of some classes of diseases. Besides, that same freedom of communication will enable you to aid in introducing healthier habits and sounder views into domestic and social life. A large portion of those enfeebling influences which make life-long invalids of so many weary women are surely susceptible of removal: The purity, gentleness, dignity, and courtesy of the Christian woman, united with that knowledge of the human organization, and of the influence of daily habits and surroundings upon the health of the body and mind, possessed by the accomplished physician, will ensure attention to your suggestions in regard to practical and personal details; and these suggestions, doubtless, will often prove to those who consult you, the most important part of your professional services.

Medicine, according to the most orthodox definition, is the science which aims at the preservation of health, as well as the cure of disease. The attention which of late years has been devoted by the profession to Sanitary and Hygienic Medicine, connected with the breaking up of old routine in practice, and the decreasing ratio of mortality in disease, marks a new and progressive era in medical history.

Your therapeutical agents are not only the drugs of the pharmacopœia, and those single agencies—water, electricity, movements, &c.,—each

of which is devoutly believed by zealous advocates to be the one all-potent remedy, but all the common influences of daily life, and all the wide agents in nature which modify the condition of body or mind are your legitimate instruments—the proper tools of your extended art.

The true physician is a constant learner. So much is yet unknown, disease so often baffles even the skilful, that dogmatism and the assumption of superior wisdom are sure evidences of pitiable ignorance or great folly.

It is only to the humble seeker for more light and truth that Nature, who “never yet betrayed the heart that loved her,” unfolds her beautiful mysteries; and these only are made wise in her divine economies. “Herein,” says a late writer,\* “lies the power of medicine over her disciples—viz., in her dealing with *so many*, as well as with the more recondite of nature’s secrets. A man may be the profoundest lawyer, or the deepest philologist, the divinest artist, the most learned theologian; he may be the great warrior, navigator, engineer, and yet as either such simply, he may walk abroad through creation and be deaf to more than half she utters. But let him have studied medicine, as medicine *may* be studied, and he at once becomes free to the *arcana arcanissima* at his feet. He possesses more surely and extensively than any other man, such a range and peculiarity of information as can vivify the world in a way to be vivified by no other one. So far as the pure botanist, pure chemist, pure anatominist, &c., are concerned, he cannot, of course, read such deep lessons in individual books of nature as can they. But he has this power, he can read something, often a great deal, in all of them, as well as in that, the most wondrous of all, and the most hidden to others—viz., the Sibylline leaves of the body and mind in disease.”

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\* British and Foreign Medico-Chirurgical Review, Jan. 1864.

Ladies, you will probably meet with kind wishers who will marvel at the *taste* that led you to choose this work, and pity you for the privations it involves. ( You can afford to bear this. ) In the glad freedom of your powers, in increasing range of thought and repose of spirit, in the wisdom accruing from experience, as well as in fresh points of sympathy with humanity, you will find rich compensations for all you may forego.

The experience of your practice will never, surely, permit you to envy the idle children of luxury, so many of whom, racked with pain, devoured by *ennui*, enfeebled by slavish customs and habits, might have gone forth rejoicing in existence, if some ennobling and satisfying work had occupied mind, heart, and hands! ) Your labors and studies, so varied and important, if pursued in the right spirit, will make each day for you fresh and new, and all too short for its abounding interests.

You will also vindicate the right, scarcely yet conceded to women, to grow *old* without reproach; while at the same time the love of nature and of truth, habitual openness to new ideas, and self-forgetful interest in the welfare of others, will feed for you the fountains of perennial youth, even in the bosom of age.

The virtues, affections, and graces of the true woman will find beautiful scope and culture in the enlarged sphere of your daily activities. From the nature of your professional relations your pathway cannot be isolated. The intelligent and refined will be your associates, and among those who confide in you and sustain you; and the trust and affection of those whom you may benefit will feed and warm your own hearts. )

Nor will the intelligent sympathy with which, in many directions, you may meet the wants of woman and of society, exhaust yourselves. All experience proves that, while the sympathy, which, unable to do any thing, folds its hands and weeps in silence, may enfeeble its pos-

ssessor, that which finds vent in exertions for the relief of suffering is not thus injurious. They who will grow sick or faint in the presence of pain, or at the sight of blood, find the tendency vanish when they assist in binding up the wound or otherwise administering relief.

Allow us, before we part, to urge upon you the necessity of guarding your own health, by all prudent and right precautions. This is a part of your capital, and an instrument essential to full success. Medical practitioners, as a class, have not been noted for attention to hygienic rules in their own persons. That *esprit de corps* which has despised personal danger, may have contributed to this neglect. It is true, there are objects more sacred even than health and life. There are occasions—they will come, probably, to you, when no personal consequences—be they death or long disease, can deter the true physician, or the true woman, from standing at the post of danger; but nothing save duty, should keep you from cultivating religiously those healthful habits in regard to rest and exercise, sleep, food, dress, ventilation, &c., upon which the power of sustained and effective exertion is made to depend.

Abounding as is the vitality that some of you possess, it has, nevertheless, its stern limits. The expenditure of nervous energy that your duties will involve, will require seasons of relaxation, of rest and quiet for its renewal. By systematically guarding these from unnecessary interruption, and by adopting some general method in the employment of your time, you may do much to render it more available for improvement, as well as to lessen the wear of daily duties.

Ladies, in view of the possibilities of your future, our farewell is mingled with deep congratulation. Not that success will come without patient exertion, nor that hard things, and dark days may not be encountered. You, also, must combat difficulties, temptations,

sorrows, and disappointments. (But these are the tests of life;) and those only who meet them, and overcome, become clothed with the garments of strength, and hear in their inmost souls the pæans of victory.

God grant that no mistakes on your part, no lack of proper knowledge, care or caution, may overwhelm you with the awful consciousness of being responsible for the fatal termination of a case confided to your fidelity and skill.

Entering the sanctuaries of families, ministering at the sacred altars of life, knowing the secrets of sad hearts, and the needs of yearning humanity, we can ask for you no deeper blessing, than that you may prove equal to the glorious opportunities "to do good and to communicate" which are opening before you.

Whatever may be the gifts of nature or of fortune, (none are really strong, save as they ally themselves to truth and right) to the everlasting and unchanging, and those alone retain through life their sweet, childlike faith in virtue and in humanity, who practise the one, and strive to bless the other.

Keeping the Divine ideal of the perfect physician before you, may you be healers of the sick, sympathizers with the poor and the suffering, enlighteners of the ignorant, safe depositories of confidence, faithful and wise counsellors. Even the silent effluence from a pure inward life is a *power for good*, and a perpetual sweetness in the world.

Walking onward with serene and full trust in the Invisible, and the All-Faithful, knowing that "duties are ours and consequences are God's," (you may lay your burdens upon the arm of Divine strength,) and realize in your own blessed experience the joy of those who "walk on earth, yet breathe empyreal air."

THE  
FEMALE MEDICAL COLLEGE  
OF PENNSYLVANIA.

**North College Avenue, Philadelphia,**

(Near Girard College.)

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**ANNOUNCEMENT.**

The **FIFTEENTH ANNUAL SESSION** of this Institution will commence on Wednesday, October 12th, 1864, and continue **FIVE MONTHS.**

In issuing this Announcement, the Faculty and Corporators find renewed pleasure in assuring the Alumni and friends of the College of the increasing prosperity of the Institution, and the additional facilities it is able to offer to the earnest student.

The College has been the recipient during the year of the sum of \$5000 from a friend of our cause who prefers that his name shall not be known, and of \$500 from the Estate of the late Benneville D. Brown, of Philadelphia. These sums have been invested as a permanent fund which, it is hoped, will serve as a nucleus for a large and ample endowment.

The class in attendance upon the last session of lectures was larger than any previous one since the breaking out of the war, while the greater part of the students were young women of energy, who had entered upon the study of medicine with the purpose of making themselves proficient in knowledge, and useful in practice.

The connection of the College with the Woman's Hospital is proving a valuable means of practical instruction. The wards of the Hospital as well as its Dispensary are open to the students, while its out-door clinic furnishes opportunities for their observation and study of a great variety of diseases not otherwise brought before them; more than two thousand patients having been treated during the past year.

Never were the Faculty more deeply impressed with the necessity of raising the general standard of medical education, and it is their earnest desire to render those who go forth as the alumni of this school, so thoroughly fitted for their work as to claim and receive the confidence and respect of the community and the profession.

The College possesses good facilities for imparting thorough scientific instruction in the various branches of a medical education; the lectures and demonstrations being aided by an excellent Museum of Papier Maché Models, Drawings, Natural Preparations, Microscopes, and other apparatus.

The curriculum of study in this Institution and the requirements for graduation, are in all respects as high as those of the best Medical Schools in this country.

#### REGULATIONS FOR GRADUATION.

The candidate must be not less than twenty-one years of age, and must possess respectable literary attainments. She must have been engaged in the study of Medicine three years, one of which must have been passed in some Hospital, or two of which must have been spent under the supervision of some respectable practitioner of Medicine. She must have attended two courses of lectures on each of the following subjects: *Chemistry and Toxicology, Anatomy and Histology, Materia Medica and General Therapeutics, Physiology and Hygiene, Principles and Practice of Medicine, Principles and Practice of Midwifery, and Principles and Practice of Nursing*.

*tice of Surgery, Obstetrics and Diseases of Women and Children*, and must also have taken two courses of instruction in *Practical Anatomy*.

The two courses of Lectures must have been attended in different years, and one at least in this College.

The application for the degree must be made six weeks before the close of the session.

The candidate at the time of application must exhibit to the Dean evidence of having complied with the above requisitions. She must also present the graduation fee and a thesis on some medical subject of her own composition and penmanship.

In addition to the above requirements, the Faculty claim the right to refuse examination to a candidate on the ground of what they deem to be moral or mental unfitness for the profession.

#### TERMS.

##### THE FEES ARE AS FOLLOWS:—

|  | <i>First Year.</i> | <i>Second Year.</i> |
|--|--------------------|---------------------|
| Professors' Tickets, each \$10 00                              | \$70.00            | \$70.00             |
| Practical Anatomy,   | 5.00               | 5.00                |
| Graduation Fee,  |                    | 30.00               |
| No fees for lectures after the Second Session.                 |                    |                     |
| Whole cost for two or more courses of Lectures and Graduation, |                    |                     |
|  |                    | \$180.00            |

For the encouragement of capable and well-educated women whose means will not allow of the usual expenditure, six students will be admitted annually on the payment of twenty dollars for the session—exclusive of the demonstrator's and graduation fees. Such arrangements will be strictly confidential, and no distinction in point of courtesy and attention will be made between the beneficiary and other students.

Ladies wishing to be received on this basis must forward to the Dean, at least thirty days before the opening of the Session, application in their own hand-writing, accompanied by satisfactory testimonials as to character, age, qualifications, and want of means. The applicant must be not less than twenty, nor more than thirty-five years of age. The successful candidates will be duly notified.

Any lady who desires instruction in some of the branches taught in a Medical College, as a part of a liberal education, may take the tickets and attend the Lectures of any one or more of the Professors.

Board will be secured for those who may request it, either at the Hospital, or in some other place convenient to the College.

Communications should be addressed to

MRS. E. H. CLEVELAND, M. D.,  
*Woman's Hospital, North College Avenue, Philadelphia.*

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## TEXT BOOKS.

The following Text Books are recommended by the Faculty

*Practice of Medicine*—Watson's Lectures, Wood's Practice, Williams' Principles of Medicine.

*Chemistry*—Fowne's, or Booth's Chemistry.

*Physiology*—Carpenter, Dalton, Draper, Todd and Bowman.

*Anatomy*—Sharpey & Quain, Grey, Leidy.

*Obstetrics*—Cazeaux, Bedford, Smith, Meigs.

*Surgery*—Miller's Principles and Practice, Smiths' Surgery.

*Materia Medica and Therapeutics*—United States Dispensatory, Pereira's, or Dunglison's *Materia Medica*.

## APPEAL OF THE CORPORATORS.

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The Corporators of the Female Medical College of Pennsylvania, appeal to the friends of humanity in behalf of this Institution, and the cause it represents. They regard the medical education of woman as a necessity of the age, and a way-mark of the advancement of civilization.

They find the demand for female physicians wide-spread and increasing, and regard the study and practice of medicine as peculiarly adapted to the nice perceptions of woman, and the tenderness and refined graces of her nature.

They consider that woman, as wife and mother, pre-eminently *needs* a clear understanding of the functions of the human body, and the means of preserving health; and that high-toned and intelligent female physicians, from their relations to their sex, must be important instrumentalities in imparting such knowledge where it is most needed and will do the most good.

It is well known that there is a vast amount of suffering among women, which is left without relief from the shrinking delicacy of its victims, and it is therefore a demand of humanity that women should be put in possession of the requisite knowledge to administer the required treatment in such cases.

They also desire a scientific education for woman, because it will furnish her honourable *employment*—giving her a new sphere of usefulness and happiness, where duty and the sympathies of her nature lead her, in the chamber of the sick and the suffering.

Feeling, therefore, that this is a great *cause*, intimately connected with the improvement and happiness of society, they appeal to generous and true men and women for aid and co-operation.

They desire to place this College—the first medical school of this character of the same extent in the world—on a *permanent* basis; and wish therefore to endow it with a fund which will place it beyond the contingency of accident. Five Thousand and Five Hundred dollars have been donated for this purpose during the past year.

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Contributions may be sent to the Treasurer, Mr. Redwood F. Warner, No. 404 Race Street.

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### FORM OF A BEQUEST OF MONEY.

I give and bequeath unto "The Female Medical College of Pennsylvania," the sum dollars, to be paid by my executors to the person who may be, for the time being, the Treasurer of the said College.

## FACULTY.

---

ANN PRESTON, M. D.,

Professor of Physiology and Hygiene.

EDWIN FUSSELL, M. D.,

Professor of the Principles and Practice of Medicine.

EMELINE H. CLEVELAND, M. D.,

Professor of Obstetrics and Diseases of Women and Children.

M. SEMPLE, M. D.,

Professor of Chemistry and Toxicology.

REYNELL COATES, M. D.,

Professor of the Principles and Practice of Surgery.

M. G. KERR, M. D.,

Professor of Materia Medica and General Therapeutics.

MARY J. SCARLETT, M. D.,

Professor of Anatomy and Histology, and Demonstrator of Anatomy.

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H. RYLAND WARRINER, ESQ.,

Lecturer on Medical Jurisprudence.

EDWIN FUSSELL, M. D., DEAN,

910 North Fifth Street.





# VALEDICTORY ADDRESS

TO THE

## Graduating Class

OF THE

# Woman's Medical College

OF PENNSYLVANIA,

AT THE

## EIGHTEENTH ANNUAL COMMENCEMENT,

**March 12th, 1870,**

BY

ANN PRESTON, M. D.,

Professor of Physiology and Hygiene.

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PHILADELPHIA:  
LOAG, Printer, Sansom Street Hall.  
1870.

ANN PRESTON



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*Professor of the Hygiene and Diseases of Children.*

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THE EIGHTEENTH ANNUAL COMMENCEMENT was held at Musical Fund Hall, Philadelphia, on Saturday, March 12th, 1870, at 12 M., when the Degree of Doctor of Medicine was conferred by the President, T. MORRIS PEROT, Esq., upon the following named ladies:

SIBELIA T. BAKER,  
JENNIE G. BROWN,  
JULIA W. CARPENTER,  
HANNA T. CROASDALE,  
SARAH C. HALL,

SARAH A. HIBBARD,  
JENNIE L. HILDEBRAND,  
MARTHA E. HUTCHINGS,  
ANNA LUKENS,

PHEBE A. OLIVER,  
MARY T. SELYEY,  
JEAN S. STEVENSON,  
MELISSA M. WEBSTER,  
ELIZA J. WOOD.

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The Twenty-First Annual Session of the Woman's Medical College of Pennsylvania will open Thursday, October 13th, 1870, and continue five months.

WAGGON MAIL

## VALEDICTORY.

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LADIES, GRADUATES:—It is not merely in formal compliance with custom that I give you to-day, on behalf of the Faculty, a few parting words. We have watched your progress in study with interest and with pride; our hopes and sympathies go with you into the future, and we feel your welfare and success, henceforth, linked with our own. There are many to-day who look upon you with something, indeed, of sympathy, but with more of pity, believing that you have chosen a hard pathway, and that care and sorrow above the common measure must fall to your lot. We do not share in this feeling. If the care and anxiety be great, the compensations are yet greater; if the toil be heavy, we believe, with Ruskin: “That whenever the arts and labors of life are fulfilled in this spirit of striving against misrule, and doing whatever we have to do honorably and perfectly, they invariably bring happiness, as much as seems possible to the nature of man.”

We can none of us map out the exact road before you, nor foresee the changes and trials which await you; but there are unchanging principles of action which can guide

safely through all vicissitudes, and these we trust you will make your own.

What the world needs, is *truth* ; what the medical world needs is more of that nice, conscientious observation and investigation by which it may be elicited. In the stirring words of Professor Goodsir: "Let us have God's truth in the measurements—God's truth in everything." Loose observations, unsupported hypotheses, blind adherence to authorities, suffice no longer ; here also,

"They must upward still and onward who would keep abreast of truth."

Medicine is surely destined to become a richer blessing to humanity than it has yet been. The advances already made are prophecies of greater to come. If some widely-destructive scourges, as scurvy and small-pox, are almost banished from the civilized world ; if epidemics are held in check, and the percentage of recoveries in ordinary diseases greatly increased ; if, with advanced knowledge of hygiene, the average duration of human life becomes greater from decade to decade ; still there is a vast amount of preventable disease and death, for which no effective remedy, as yet, has been systematically adopted.

But Physiology is now giving light and life to practical medicine. Therapeutics at last is widening into a science, as it begins to be recognized that all surrounding influences—air, sunlight, food, sleep, clothing, exercise, and mental stimuli—are within its legitimate domain as truly as iron, opium, bitters, and bromides.

Nor do its boundaries stop here. *Morals*, also, belong to Therapeutics. Temperance, purity, faith, hope, and charity modify bodily processes ; they ward off disease and prolong life ; and the physician who does not realize this

truth, and understand something of the reactions of the moral, intellectual, and physical life, does not possess the key to the best success in practice; is not yet initiated into the sacred mysteries of the divine art of healing. The earlier physicians were the priests of their time, and amid ignorance and superstition there was in this fact a dim recognition of the truth that the same great principles subserve the physical and moral life; and, in the words of a writer in the *British Medical Journal*: "Year by year we shall come to value dogmas and rules less, and principles more," in their application to both.

At present, nervous maladies, womanhood enfeebled and diseased, are the fashion of society; and perhaps the most frequent question that you will have to answer practically will be, "What can be done for our suffering women?" There is a deep conviction that these headaches, neuralgias, and weak backs are neither necessary nor destined to be the permanent condition of womanhood; and, Ladies, the philanthropist and scientist, who are seeking the remedy, look hopefully to the results of your knowledge and experience in their bearing upon this point.

When anxious fathers and mothers bring you their beautiful daughters, from whose young faces and steps the bloom and elasticity are departing, and ask your counsel, what shall you do? You look at those girls and at once take in their history. Kept long at school, and strained with many lessons at an age when the conditions of healthful growth and development were incompatible with sedentary habits and severe mental tasks; their bodies so tightly bound with clothing that by no possibility have the ever-moving vital organs been able fully to perform their functions; their extremities cold and thinly clad, and the weight of their cloth-

ing supported, not by their (shoulders,) made by God to bear burdens, but by parts totally unfitted to sustain them! Released from school, they have bent long in the same posture over piano, fancy work, or exciting novel, instead of rejoicing in the open air, or in active muscular exercise; their homes, luxurious, it may be, have yet been grudgingly supplied with pure air and quickening sunshine; the passion for dress and company has been fostered until these have become the staples rather than the stimulants of their lives; while late hours, artificial lights, and (continuous) excitements have interfered with the nutrition of nerve tissue, and perverted the distribution of nerve force. You know that quiet, interesting, imperative work,—work for hands and for mind,—is essential to their health; and as you sigh over their wasted, suffering, unsatisfied lives, you cannot be content with the mockery of merely prescribing drugs, needful and beneficent as these may often be.

Some morbid Michelet may speak of this feeble womanhood as the necessary result of advanced civilization, but it is very clear to us that it is not a high civilization, but the failure to reach it, to which this is due. The highest civilization will surely be in (harmony with nature,) with health, with the moral and Divine law. It will drive out follies as well as fevers; it will foster pure, quiet, simple tastes, and will find its models of beauty in form and drapery, not in the vulgar devices by which fashionable mantua-making distorts and burlesques human proportions, but in the grace and freedom of artistic Nature, and the corresponding fitness of clothing.

1 The woman of a true civilization will regard as pitiful and barbarous the idea that uselessness is elegance, or that disease and languor are womanly; and she will surely escape

the emptiness and dissatisfaction which oppress every human being—the proudest queen of fashion as well as the lowliest child of poverty—who does not cultivate and direct to ennobling uses, the powers and faculties which are the glorious birthright of humanity.

Ladies, society hails your advent into the field of medicine as among the heralds of this higher civilization—the civilization which is harmonious with Christianity; and you will prescribe for those who seek your advice in the knightly spirit of your profession, with all tenderness, but with all truth. Scorning make-believes and pretensions, with the authority of knowledge you will say: "These things ye cannot do and realize the joy of health." Nor will you speak in vain. When an evil is once fully seen and admitted, and its cause understood, the remedy will surely be devised.

Whether giving advice to chronic invalids, or watching by the bed of pain and death, to whatever class of diseases and needs you may minister, you will share the life of "that common mass of humanity which toils along the weary ways of the world," as none others do. You will be entrusted with secret sorrows, be initiated inevitably into the hidden springs of domestic life, and become, for the time, in interest and sympathy, a part of the families into which you enter. Your suggestions will be respected and repeated, and your influence for good will be limited only by your own abilities, attainments, and characters. How full of wisdom and knowledge should those be who thus penetrate household sanctities, and deal with the delicate machinery of life! how stainless in honor, how prudent in speech!

There is one principle that covers all medical as well as

general ethics, and this is embodied in the Divine rule: "Whatsoever ye would that men should do to you, do ye even so to them." The practical carrying out of this rule will make you prompt, faithful, reliable. It will make the interests of your patients as sacred as your own, and their secrets as safe in your keeping as in the silence of the grave. In consultations, it will preserve you alike from the common temptation of agreeing with everything proposed by those with whom you consult, whether or not it really seem to you the best thing to be done; or the opposite fault of recommending a different treatment from selfish and unworthy motives. It will also suppress in you the injustice and pettiness of anger or resentment, in case your patients, in the exercise of their just rights, should chance to prefer other physicians to yourselves.

Ladies, you intend to be good practitioners, but you must not forget that to minister the most effectively to others, the mind and body should not be continually exhausted. So it should be ranked among your duties to husband your own vitality, whenever it is possible rightly to do so. Those who are the most active, mentally and physically, have especial need of constant renewal, and with proper care and determination, it is possible, under most circumstances, to secure time for regular meals, and for that great renovator—sleep. I am aware that in active practice, there come, at times, anxious and crowded days and nights; but in my observation, those who fail to take care of their health, fail quite as often through carelessness and the lack of methodical habits, as through the stern necessities of duty.

It is marvelous how much (self-discipline and care) in hygienic matters can do to strengthen delicate constitutions and increase available working power. Among the friends

of my earlier years was the late lamented President of the Pennsylvania Farm School—a man of powerful frame and robust health. During his studies in Germany, he wrote home that himself and another American student, who, like him, was making a choice collection of books, had made an agreement that on the death of either, the survivor should have the privilege of purchasing his library. But the writer added, that this was an opportunity which he believed his fellow-student would never have, as he was exceedingly delicate and a great sufferer, “although he takes more care of his health than any other man I ever knew.” When my friend died at the early age of thirty-two, clearly and directly from the effect of exposures which might have been avoided, this same delicate fellow-student was a Professor in a New England College!

You will need recreation and social enjoyment; but social communion should not be permitted to become, what it often is, a drain upon nervous power, a weariness instead of a rest and joy. Those whose time is less fully and richly occupied can scarcely appreciate the value of your hours for reading and rest, and unless you guard these from encroachment, you cannot be fresh and posted for your daily work. You must keep up with the times. You cannot afford to be unacquainted with the latest discoveries, and the most approved methods of treatment. You will need to take at least one or two good medical journals, to purchase new medical books, and to find time to read them. This acquaintance with the labors of others will not only often give you invaluable hints for practice, but it will also prevent loss of time, and wasteful experiments. I once knew an ingenious but uneducated mechanic, who spent toiling years over a machine for “perpetual motion,” when a frac-

tion of that time, devoted to studying what was already known, in some good manual on physics and mechanics, might have saved all his fruitless labor.

You will need also the influence of literature, and of other general interests, not only because all departments of life and thought send tributary streams to medicine, and furnish practical suggestions to the physician, but for your own refreshment and enlargement; for that change of thought, that lifting out of daily cares, so indispensable to the highest health of the spirit, and the continued fullness and freshness of life.

In your business transactions, permit me to suggest the importance of keeping clear records of your cases and visits, and of making out bills at regular periods. While you would disdain to enter the profession of medicine merely as a trade, you know at the same time, that pecuniary embarrassments must impair the efficiency of your work; and careful business habits, if not strictly moral virtues, are at least, among their legitimate guards. This care will enable you to be generous in the right places. Some will seek your counsel, worn with over-work, diseased because they could not rest from their toils and command the comforts essential to recovery. Ladies, you will, we are sure, as the true friends of those who trust you, deal generously with such as these. Striving to make your work a blessing to humanity as well as to yourselves, you will minister to the poor and needy, not with the conscious superiority that would toss "a piece of gold in scorn," but in the sympathizing spirit of Him who said: "Inasmuch as ye have done it unto one of the least of these, ye have done it unto me."

I trust there is no occasion to warn you against the fault

of those who habitually make their patients and practice a subject of conversation, and boast of their own superior skill and success. This form of egotism, hateful in men, would be certainly not less offensive in women. Persons of fine culture do not publish their special callings in common conversation.

Nor will you, we trust, waste your strength and sacrifice the repose and sweetness of life in personal dislikes and controversies. The jealousies of physicians have often been made the theme of vulgar comment, and those familiar with medical literature can but feel humiliated by the personalities which sometimes there intrude. Even in England, where so many medical writers have evinced a wise and large spirit, this offensive antagonism shows itself in certain medical journals; and a medical friend, who visited the hospitals in the metropolis of that kingdom, informs us that the fact of a cordial reception at one hospital, and attendance there, seemed to prevent the same full friendliness at the next.

Ladies, we hope other and more beautiful things from you; we trust you will live on a plane far above petty jealousies and dislikes; that you will be not only just, but also magnanimous and courteous to all! It is no Utopian dream that it is possible to live truthfully and generously in the world. The cynic and worldling may sneer at the simplicity that believes and trusts in humanity; but the right-minded and prudent who habitually appeal to the best in others, find that best respond; those who trust in the right, find the right a sure defence. It has been well said, "One, on the side of God, is a majority," and we have seen in some late occurrences in which we have all been deeply interested, that even the prestige of position, and the pride of learning,

brought to bear upon public feeling, may utterly fail of their object when put forth in defence of a wrong position.

We have no fears in regard to your reception by society. Others have gone before you, and up and down in the land are pleasant homes, of which the graduates of this school are the active and happy centres. These homes, in many cases, are the result of their success in practice; and those who know most of the needs and cravings of women are well aware that, after the first flush and dream of early youth have passed, there is, to them, no outward necessity so imperative as that of a restful *home*.

The progress which our cause is making throughout the world is truly marvelous. In free Switzerland, the Medical University of Zurich has for years admitted women to all its advantages; the great University of cosmopolitan Paris—l'Ecole de Medicine—has now dispensed to them its fullest privileges, and highest honors; the University of Edinburgh has opened its doors, creaking with the rime of ages, wide enough for their entrance; the University of Stockholm, in Sweden, we understand, is offering them facilities for medical education, and the Swedish *Government*, it is stated, is about to establish a medical college at Gothenburg, for women exclusively. (In Austria, the candidates for the degree of Doctor of Obstetrics consist both of men and women; while in our own country, not only the great University of Michigan, but a number of smaller institutions also, have removed the barriers which forbade them to enter.

One of our graduates of last year is now a medical missionary in India, sent out by the Woman's Branch of the Missionary Society of the Methodist Episcopal Church. With the angels' song—"On earth peace, goodwill to men"

resounding in her spirit, she bears with her that medical knowledge, so prized in the East, which will open to her the harems and homes that men physicians cannot enter. In a recent report of the Philadelphia Branch of the Woman's Union Missionary Society, are these words: "From all heathenism comes the call, send us the educated doctress, to teach our women how to take the medical care of women and children." It further adds: "Heathen men of high rank have offered to give funds to establish medical colleges for their women, if we will send the educated American ladies to teach."

The recent circumstances in this city which have called forth such a surprising expression of public sentiment through the general newspaper press of this country and of Europe, have shown it to be the conviction of the civilized world, that it is right and proper that women should study and practice medicine, and that they should have the means of education necessary to fit them to do so, effectively.

Nor would it be just for you to estimate *professional* sentiment by cases of individual illiberality. Great-hearted men illustrate and adorn this noble calling, and your best help and kindest welcome will come from some of these. Of the ladies who, last spring, went out from this college to practice medicine, two, unsolicited by themselves, have been elected members of the medical societies in their respective localities. Knowing the culture and attainments of these ladies, we congratulate those societies on having honored themselves as well as their new members, by this action. Still another of the class of last session, as assistant physician in the Woman's department of the State Lunatic Hospital at Worcester, Massachusetts, is associated, professionally, with distinguished physicians. She accepted

this untried post of duty with hesitation and diffidence ; but after six months of trial she has been officially informed that her services are entirely satisfactory and desirable ; and her salary, not less at first than the ordinary salary of a man assistant, for the first year, has been already increased.

Ladies, there are some parts of medical work that men doubtless can perform better than you—some that you can perform better than they ; but society expects from you the nicer sensibilities, the finer humanities that it ascribes to woman. Its standard of moral virtue is higher for woman than for man, and so it deems any disregard of it worse in her than in him.

Medical literature and medical feeling, it is all too obvious, need the refining and ennobling influences that the purity, and peculiar endowments of the true woman are calculated to give. You bring into the profession your womanly tact and insight, your quick sympathies, your watchful care, and your high ideal of the purity and delicacy befitting the sacred office you have assumed. As women, with the experiences of your womanhood, and looking at the subject from a fresh standpoint, you cannot fail to unfold new resources in the art of healing, and, if you are true to yourselves, the gifts you bring must *enrich* as well as refine the profession you enter.

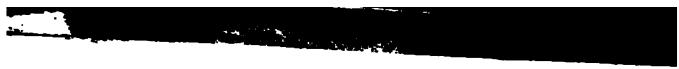
Ladies, it is meet that you go forth to your labors, full indeed of that humility which belongs to wisdom, but full also of faith, hope, and glowing enthusiasm. And yet I know full well that your joy to-day is softened and tinged with something akin to sadness. You feel, indeed, the beauty and greatness of your work, but mingled with this is self-distrust, a sense of responsibility, the thought of an untried future ! It is true, you must encounter trials, but if

you avoid prejudices and keep your minds receptive and nobly ingenuous, you shall learn something from every person and circumstance about you, and be able to rejoice, day by day, in the consciousness of ever widening knowledge and continually increasing power for good.

You love the profession of your choice, and believe in its power to bless society; and, although true work is in itself true success, irrespective of rewards, yet the faithful performance of the duties of your calling will often bring results to surprise as well as gladden your hearts. Among the experiences of my life, and they have been many and varied, among the affections and kindnesses which often have made me feel that "the lines are fallen unto me in pleasant places," there have been few manifestations more touching than the devoted gratitude of some who, when languishing in weakness and suffering, have deemed themselves helped by such offices as I have been able to bestow; and, Ladies, among the enjoyments in store for you, next to the infinite peace that comes from the consciousness of duty performed, I could scarcely ask for you any sweeter than such as these.

Go forth prudently, truthfully, trusting in the eternal strength of the ever-living God, content "to labor and to wait," willing to accept toil and privation as well as ease and victory; and fear not but that a true and glorious success shall be yours—that this shall be to you the "Commencement" of a renewed life of enlarged activity, in which, amid cares and responsibilities, you shall often be led beside still waters, and lie down in green pastures.





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